

A person with their arms raised in a field at sunset. The person is seen from behind, wearing a light-colored top. The sun is low on the horizon, creating a warm, golden glow. The background shows rolling hills and some greenery in the foreground.

*Love yourself enough to live a healthy lifestyle!*

**Thursday ~ April 14 ~ 7-8pm**

**Hosted by Marc Kindle**

***NCB - YOUiversity Room  
1443 W Schaumburg Rd Suite 22,  
Schaumburg, IL 60194***

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